

Ohio Orthopaedics & Sports Therapy, Inc.
PHYSICAL THERAPY PROTOCOL – ELBOW ARTHROSCOPY
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Gentle range of motion is initiated immediately postoperatively. The bulky dressing is changed on postoperative day 1 and replaced with an elastic bandage. Ice and elevation help to limit swelling. Sutures are removed in 7-10 days.

Aggressive range of motion is delayed until 5 days postoperative to avoid creation of a synovial fistula.

Strengthening exercises may be started once the wounds are healed, at approximately 2 to 3 weeks.

Return to full activity, including sports, is allowed when pain-free range of motion and strength are regained.

Rehabilitation for throwing athletes focuses on both shoulder and elbow strengthening, and an interval program may be necessary before returning to competition.